

## Ways Your Provider Can Help You

1. Ongoing health care for your medical conditions
2. Information, education, and support
3. Referral to specialty Centers if indicated
4. Specialized counseling and/or referral for other resources

## Ways You Can Help Your Provider

1. Provide previous medical history and/or records and a list of current medications and your prescription bottles.
2. Keep scheduled appointments. Call the Primary Care Team/Healthy Womens Center if unable to keep your appointment and to reschedule.
3. Ask questions during your Center visit.

## What To Do If ...

### ... You need medication refills:

1. Return the refill slip for medications you use everyday as soon as you receive your medication in the mail. It will not be sent until the refill is due. For medications that are used only as needed, returning the refill slip early can result in an unwanted stockpile.
2. Contact the VA pharmacy at 412-365-4220 if meds have not arrived in timely manner. If problem is not resolved, contact your VA Primary Care Team at 412-360-3142 or 3145.

### ... You need to see your provider:

1. If your situation needs to be evaluated earlier than your next scheduled appointment, call the Primary Care Team and ask to speak with a nurse to determine the urgency of your situation. The nurse has the ability to schedule you for an appointment with your provider or another provider if necessary or direct you to emergency care. If call is after regular business hours, call the VA Nurses Helpline (1-866-482-7488) for assistance.
2. Call the Primary Care Team/Healthy Womens Center and speak with a Center clerk to schedule a convenient time for you with your provider.

### ... You become ill and are hospitalized at another hospital:

1. When it is determined that you need to be admitted, request that the VA be notified to determine if you can be transferred to this facility.
2. Upon discharge from the other facility, notify your team of any changes in your medications and schedule follow-up with your provider.
3. Obtain copies of medical records for inclusion in your VA records and for review by your provider.

### ... You think you might be pregnant:

1. Confirm your pregnancy with home urine pregnancy test
2. Contact your provider to determine if your present medications will interfere with your pregnancy. Receive counseling on healthy habits for you and your baby.
3. Contact the Women Veterans Program Manager for a referral for prenatal and obstetrical care, the cost will be covered by the VA.

**University Drive  
Primary Care  
412-360-3142  
or  
412-360-3145**

**Highland Drive  
Primary Care  
412-954-5158**

**Women Veterans  
Program Manager  
Deborah Mitchum,  
MSN, CRNP  
412-360-6132**

**Women Veterans Health  
Center Social Worker  
Marianne Pohl, MSW  
412-360-3143**

**VA Nurses Helpline  
1-866-4VA PITT  
(1-866-482-7488)**



**Welcome to the  
VA Pittsburgh**

**Healthy  
Womens  
Center**



Womens Health  
646/162B-1 231  
November 2008

# Healthy Womens Center

*Our Centers are designed to meet the comprehensive needs of women. We provide Primary Care — addressing both female-related and general health problems all in one place. Centers are staffed by doctors, nurse practitioners and physician assistants who specialize in women's health.*

Services include general physicals, well-woman care like PAP smears and breast exams; contraception, pregnancy and hormone replacement; treatment for vaginal infections; menstrual problems; and sexually transmitted diseases. Referrals are made for diagnostic tests such as mammograms. A variety of health issues that are important to women such as breast self-examination, menopause, urinary incontinence, sexuality and safe sex will be discussed in a comfortable and safe environment.

In addition, the Women's Centers serve all other primary care health needs, such as treatment for high blood pressure, diabetes, arthritis, and most other health concerns. In this way, we provide a "one stop shop" for health care.



## Gynecology Center

The Center is located at the University Drive division and is staffed by physicians from the University of Pittsburgh Obstetrics and Gynecology Department. Women with acute problems are referred to the Gynecology Center by a Women's Health Provider. This specialized care is available at the VA, and most procedures and surgeries, including colposcopy, laparoscopy, and hysterectomy are provided on site. Same day surgery is available for minor procedures, or women are admitted to private rooms for in-hospital stays.

## Counseling Services

Through the Women Veteran Health services, veterans can receive help or counseling for such things as coping with stress or depression, PMS, anger management, alcohol or drug problems, and other life issues. At the VA we know that many women were sexually assaulted or harassed while in the military, or at other times in their lives. Women also are frequently in violent situations at home. We discuss these issues and offer counseling by psychologists or social workers experienced with these problems.

## VA National Center of Central Excellence in Women's Health

In 2000, our VA was named a National Center of Central Excellence in Women's Health because of our outstanding record of health care to women veterans.

## Eligibility and Fees

Veterans who have an honorable or general discharge from the military are eligible. Charges to you will be minimal, and low-income veterans are not charged. If you have insurance, the VA will bill the company for you. Pharmacy co-payments may be charged for non-service connected prescriptions.

Anyone who was sexually assaulted in the military is eligible for services at the VA, regardless of length of time served or status of discharge. For more information, call Eligibility at: **412-360-6162**

## Appointments

Patients are usually seen by appointment. To schedule an appointment in the Women Veterans Health Center.

**412-360-3142**  
or  
**412-360-3145**



## What To Expect At Your First Visit:

- Current and past medical history information obtained
- Physical examination including gender specific screening such as pelvic exams and pap smears if indicated
- Dispensing of medications (if sufficient medical records are provided)
- Follow-up appointment

## Women Veterans Program Manager

Deborah Mitchum, MSN, CRNP, is available at the medical center to help women with any concerns or problems. She can also provide assistance to women veterans who need information on Veterans Benefits, referrals to Vet Center services and non-VA health and community services.

**To contact the  
Women Veterans Program  
Manager  
412-360-6132**